Executive Proclamation

State of South Dakota

Office Of The Governor

WHEREAS, There are many motivations for maintaining a vegetarian lifestyle such as health, humanitarianism, economics, ecology, and ethics; and,

WHEREAS, The American Dietetic Association affirms that a vegetarian diet is nutritionally complete and healthy for anyone including athletes, pregnant women, children, and infants; and,

WHEREAS, The U.S. Surgeon General recommends consumption of less saturated fat and cholesterol and consumption of more complex carbohydrates and fiber (Surgeon General's Report on Nutrition and Health, July 1988); and,

WHEREAS, Vegetarian diets have been scientifically linked to reduced risk for heart disease, high blood pressure, obesity, diabetes mellitus, and some types of cancer ("Position of the American Dietetic Association: Vegetarian Diets," Journal of the ADA, March 1988); and,

WHEREAS, A vegetarian lifestyle provides economic benefits for the consumer and the country in the form of lower food, medical, and energy costs (Robbins, John, Diet for a New America, Stillpoint Publishing, 1987, pages 376-9):

NOW, THEREFORE, I, GEORGE S. MICKELSON, Governor of the State of South Dakota do hereby proclaim October 1, 1989, as

WORLD VEGETARIAN DAY

in South Dakota and urge all citizens to join in this observance to increase awareness of vegetarianism.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Sixth Day of September, in the Year of Our Lord, Nineteen Hundred and Eighty-Nine

GEORGE S. MICKELSON, GOVERNOR

ATTEST:

JOYCE HAZELTINE, SECRETARY OF STATE